Emergency Management

20 Weeks to Preparedness

Week 7

Things to do:

☐ Establish an out-of-state contact.

Items to purchase:

☐ 1 gallon of water*

☐ 1 can of meat

☐ 1 canned fruit*

☐ 1 can of vegetables*

☐ 1 box of quick energy snacks

*per person

Note: Always check expiration dates. Make the item last as long as possible (at least through November 30).

Shopping lists are just a guide. Please adjust to your family's needs.